



The PEACH Newsletter

The Proactive Health Care for Older People Living in Care Homes



Edition 4: March 2017

Welcome to the PEACH newsletter. The project has been funded by the Dunhill Medical Trust and is hosted by the University of Nottingham. We are evaluating whether comprehensive geriatric assessment can be implemented in care homes across South Nottinghamshire.

PEACH Collaborative March Meeting

March 2nd 2017 saw our latest event, bringing together members of the quality improvement collaborative, to progress their plans for improving the delivery of healthcare services into local care homes. The day started with representatives from each CCG group presenting their ideas and work carried out so far. Briony Leighton, a pharmacist in Nottingham North and East collaborative described the excellent work happening to introduce a medication review checklist for GPs and other clinical practitioners carrying out medication reviews in care homes. Kelly Wallace representing the Nottingham West CCG and Kay Gaynor, a geriatrician, presented the great work carried out so far in Nottingham West around planning MDT meetings for care home residents. Petra Davies, representing the City CCG group described their plan to conduct MDT meetings as a way of identifying care home residents at risk of decline, and requiring case management. Each presentation described the quality improvement ideas and progress so far, what is going well, and the lessons learnt.

The remainder of the day saw the PEACH team hold clinics for each collaborative group. Jay Banerjee and Reena Devi led a quality improvement clinic where groups were able to discuss the next steps to continue progress and implementation of their quality improvement plans.

The PEACH research team led a second clinic designed to help the collaborative groups with evaluation. Members of the team were on hand to offer their expertise to show the groups what they could offer to help each collaborative evaluate their quality improvement interventions.



The final session was a research focus group led by Adam Gordon. This was an opportunity for members of each collaborative to explore their experiences of taking part in the collaborative process, and their views of using this process to improve the quality of healthcare delivered to care homes.

A really big thank you to everyone who attended and took part. We are continuing to work with each group to help in any way we can to progress the quality improvement work going forward.

Recruitment Update:

It has been a busy time in the resident outcome team. Kathryn and Annabelle have been out meeting residents in the care homes to explain the study and recruit those interested. They have been to 23 care homes in Nottingham West and Nottingham North and East areas and hope to have recruited residents in all 24 by the end of March.

They have discussed and given information to 275 residents so far and recruited 137 of these into the study, which makes it one of the largest care home studies in the UK.

Alongside this, 545 information packs have been sent out to relatives of residents who are unable to consent to take part and these are steadily being returned to the team, giving us a total number of 167 active participants to date.

The team also get to enjoy the odd resident activity as seen here when one of our participants was handling a snake on their arrival.....rather her than me!!

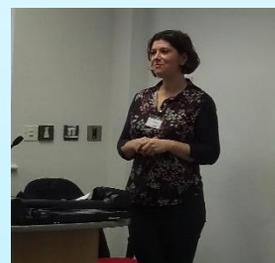


Focus on.....Nottingham North and East

As each quality improvement collaborative start to implement their programs we thought it would be good to delve deeper in each newsletter and focus on one CCG area.. In this edition we will be focusing on Nottingham North and East (NNE). Briony Leighton, the care home and primary care pharmacist, has provided us with an exciting update:

What quality improvement intervention is the group working on?

In the NNE CCG we are aiming to introduce a medication review checklist to support GP's and other clinical practitioners to carry out medication reviews for older people living in care homes. We hope this tool will help standardise medication reviews for care home residents and ensure cost effective prescribing whilst highlighting practical considerations in care home prescribing.



How does this improve the care of the resident from their perspective?

The medication review checklist has a patient centred approach to common problems such as adherence, mobility and end of life. We hope it will offer additional benefits in reducing medication burden and minimising medicine waste in care homes.

How does this fit with Comprehensive Geriatric Assessment?

We have plans to make this more comprehensive by a potential collaboration with our new falls specialist. At our next Care of the Elderly working group meeting we will explore how the medication review work could be integrated and combined with falls prevention care.

What is going well?

The medication review checklist has been implemented in 2 care homes with 2 GP practices. Feedback from GP and clinical practitioners has been very positive. In the first 6 weeks, 31 reviews were completed leading to 125 recommendations and £1013 saving in drug costs alone.

What more needs to be done?

In order to embed this into the wider system, we need to raise awareness of the tool and investigate how it can be incorporated into current systems. We are seeking advice from the GP within our group and also plan to hold a forum for care home managers and staff to attend to help raise awareness.





Meeting Dates:

SAVE THE DATE

The next large PEACH event will take place on Thursday 7th September 2017 which will again be taking place at the University of Nottingham.

Meet the PEACH team – Dr Kathryn Hinsliff-Smith

In this edition we introduce you to Dr Kathryn Hinsliff - Smith. Kathryn is a Research Fellow who joined the PEACH team in October 2016 to lead our work stream on healthcare outcomes for residents in the 24 care homes we are collaborating with.



Kathryn has worked as a health care researcher for the School of Health Sciences at the University since 2012 after completing her Doctoral studies on pre-registration nursing retention.

She has developed an expertise for engaging with hard to reach groups, in particular older people and sensitive healthcare topics.

Known fondly as the 'wise owl' of the team, Kathryn is passionate about ensuring that the PEACH study engages and supports all those collaborating and taking part in the study.

When not at work Kathryn can be found on her bike or sailing with her family.

Reena Devi is currently inviting members of the collaborative to take part in research interviews.

If you are a member of the collaborative and available to take part please contact her: reena.devi@nottingham.ac.uk or 0115 8231694

The interview will take approximately 1 hour and we are able to offer backfill payment for your time. There is no obligation to take part but it would help Reena collect data for her evaluation.

Contact us:

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All that remains is for me to wish you all a Happy Easter on behalf of all the PEACH Team and thank you for all your hard work over the last three months. We look forward to hearing stories of successful implementation over the next three months.

Connect with us

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